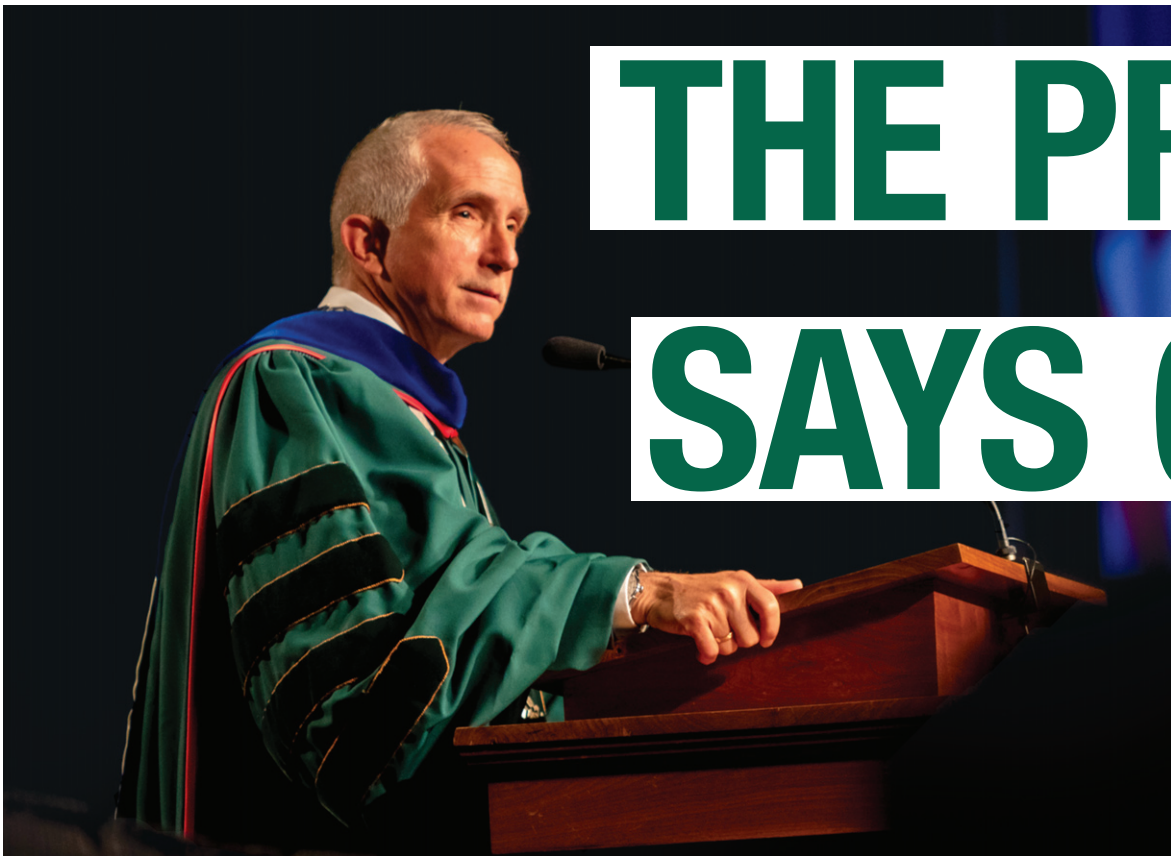


THE PRESIDENT SAYS GOODBYE



“

When you're in a leadership position, what you're really trying to do is better the organization, again, for the students and others that you serve.”

- JOHN JASINSKI



TOP LEFT: ADDALYNN BRADBURY PHOTO EDITOR
During the 2021 spring commencement ceremony, President John Jasinski speaks to the anticipating graduating class before they move their tassels. Jasinski will host his final commencement ceremony at the spring 2022 graduation.

MIDDLE: ADDALYNN BRADBURY PHOTO EDITOR
President John Jasinski walks through the crowd of cheering students to start off freshman convocation Aug. 17. It was a return to in-person convocation after an absence the year prior.

BOTTOM LEFT: SUBMITTED
Northwest President John Jasinski stands with his four children and wife, Denise. Jasinski credits his personal and professional success to his supportive family.

Northwest Missouri's oldest and largest independently-owned and operated bank.



NODAWAY VALLEY BANK

Maryville
660-562-3232

Mound City
660-442-3131

Savannah
816-324-3158

St. Joseph
816-364-5678

Member FDIC



Sitting in his favorite spot of his office, with a picture of his family and drawing of his two dogs in the background, President John Jasinski converses with his secretary.

ADDALYNN BRADBURY PHOTO EDITOR

Jasinski closes 38-year career at Northwest

NATHAN ENGLISH
Managing Editor | @nathan_3nglish

The man at the helm of Northwest for the last 13 years — and until the conclusion of June — sat in a black leather chair on the first floor of the campus’s Administration Building. He was wearing denim blue jeans, a multicolored button-up, navy blazer and, most importantly, socks with his dog’s face on them — a mournful tribute to his longtime companion, Ruby, who died less than 24 hours prior.

Amid all of the trials and tribulations that brought Northwest President John Jasinski to the place he sat on that late April afternoon, he wanted to focus on the most important thing. That, to him, are the people who helped him reach that very point.

“Make sure you get my family — and the dogs — in the photos,” he instructed, sitting at a table in his office with a framed drawing of his canines and family portraits displayed behind him.

The husband and father of four was not most glowing about his own accomplishments, but the accomplishments of those around him, of his family. Jasinski gushed over his wife, Denise’s, resume: her work elevating the Gaunt House — the Jasinskis’ home on campus — from utter disrepair to a place on the National Historic Registry, her devotion to volunteering and her motherly qualities that make her “remarkable.”

“Anything I’ve done is with her and because of her on so many levels,” Jasinski said. “She is just ... she’s my best friend and a consummate partner because she pushes and challenges, she supports and advocates. She’s just incredible.”

She’s been there since the beginning of his Northwest journey. She’ll be there to see the end of it, too.

The two met while attending the University of Central Michigan, where Jasinski was first made aware of a state school in the northwestern corner of Missouri.

Central Michigan professor Robert Craig — a former faculty member at Northwest — told Jasinski he should pursue a career in higher education and that he knew of an opening at his former employer.

A short time later, after interviewing with eventual-colleague and longtime friend Fred Lamer for a position in Wells Hall, Jasinski and his wife moved “sight unseen” to Maryville in 1986, leaving both of their families behind in Michigan.

“It is really a professional highlight (that) remains today, because anything that you learn about the importance of personal relationships carries through in this job today,” Jasinski said.

He never exactly planned to stay. Those at his alma mater told Jasinski of an upcoming faculty retirement that would create an open position for him to return in a few years and get his Ph.D. from Michigan State. After two years at Northwest, the position was formally offered to him.

“And much to the chagrin of both of our families, we said no, because we had something going on here with regard to not just Northwest but the community itself,” Jasinski said.

Jasinski decided to go ahead and get his Ph.D. after choosing to stay at Northwest.

He worked out a schedule to teach during the day and then make the two-plus hour trek to the University of Ne-



In a Missourian file photo from 2016, President John Jasinski shows his support for Northwest football by celebrating with a player. Jasinski said one of his favorite parts of being president is cheering students’ successes.

FILE PHOTO

braska-Lincoln to take night classes. It’s another thing he said he never would have been able to do without Denise.

It was apparent early on that Jasinski would eventually “evolve” and outgrow the department, Lamer said. He would move on to the department chair of Wells Hall and eventually the associate provost.

“He’s wired differently, has different aspirations, and he’s really successful,” Lamer said.

The eventual 10th president of the University got a chance to go on sabbatical to Washington D.C. from 1994-95. He spent time with “the nation’s leaders” at the Malcolm Baldrige Performance Excellence Program.

“I’ve learned from some of the nation’s best about organizational excellence and have brought that back to Northwest Missouri State Univer-

sity,” Jasinski said. said, and Northwest has been forced to do them from the start. It pioneered the mix of technology and higher education, leading to the current laptop program at the University.

Northwest had to adapt again in 2009, when Jasinski first took over as president after an eight-year professional stint away from Northwest. Coming out of a recession, financial stability was anything but a given, and state governments had begun the now-common trend of cutting funding to higher education.

Jasinski carries three items in his pocket each day. He has two pennies, one from each of the years his mother and father died. The third item is a gift from Melissa Evans, his assistant. It’s a small mineral with a quote on it from famous civil rights activist John Lewis. It says, “We must be

cially in a better place than virtually all of our sister institutions,” Lamer said.

“We can talk about buildings, but ultimately we have to talk about students and student learning, people,” Jasinski said. “That’s what I see. I see people. I see students interacting, and it cuts across everything.”

Lamer said it’s his friend’s desire to do better that causes him to work tirelessly, even when he knows he won’t be the one to see it to the finish line.

“He has to recharge, but compared to most mortals, his work ethic is herculean,” Lamer said.

The recharging for Jasinski is normally time spent with his family. The self-proclaimed chef — though he’d admit Denise is the better cook of the two — said he loves to fire up the green egg and sit down to have a meal with those close to him.

And, of course, recharging comes in the form of running with his dogs. In 2000, Jasinski joined a running group that was training for a marathon. He found he had a propensity for running 26.2 miles at one time and has competed in 11 races.

Jasinski said he gets the largest sense of pride from his worst time, which he ran in the 2004 Boston Marathon.

“I went down for the count at mile 6 of 26.2,” Jasinski said. “And you have a choice, right? Quit, try to finish or finish. Well, I finished.”

He wasn’t proud of the hours, minutes or seconds, but he admired his own persistence. It’s the same persistence he said represents his family and Northwest as a whole.

It’s also the persistence that drives him every day.

It will continue to drive him into the next chapter of life, whatever that may be. As his professional career at Northwest moves into the rearview, he will surely look back, but his focus will still remain forward. After all, it’s about being a headlight.

“Being a headlight means that you also address difficult issues and uplift every individual.”

- JOHN JASINSKI

sity,” Jasinski said.

As is true with most leaders, Jasinski has a philosophy, but it’s the philosophy, the mentality, of a leader in a vastly different arena.

Jasinski has always been a fan of and avid participant in athletics. He dove headfirst — often with Lamer — into various city league sports upon his arrival in Maryville.

“He would beat me in the majority of things, even at this point,” Jasinski’s son Lucas said.

However, it was after the late NBA guard Kobe Bryant retired that Jasinski had started to closely pay attention to him, following his business acumen and his now-famous “Mamba Mentality.”

“You know, if you really think about the ‘Mamba Mentality,’ you’re trying to get better every day as a person, as a leader and certainly as an organization,” Jasinski said.

It’s a mentality Jasinski has had longer than Bryant’s nickname was attached to it.

Innovation and adaptation are two of the most important characteristics in getting better every day, Jasinski

headlights,” from the full quote “We must be headlights, not taillights.”

“When you’re in a leadership position, what you’re really trying to do is better the organization, again, for the students and others that you serve,” Jasinski said.

“Being a headlight means that you also address difficult issues and uplift every individual.”

It’s the way Jasinski said he and other leaders at the University have approached problems since the beginning of his tenure. It helped them create the Forever Green campaign — the single largest private donor campaign in the University’s history — a focus of Jasinski’s since the day he took office.

During his inauguration in October 2009, Jasinski said higher education would require more private partnerships than ever before to thrive in the next decade. To help achieve this vision, Jasinski and others sought to use perhaps Northwest’s most valuable — and certainly most passionate — resource: the Bearcat alumni.

“Not only did he pull us back from the abyss, but he positioned us finan-

READ MORE
ONLINE

A full version of the feature on Northwest President John Jasinski is available online at NWMISSOURINEWS.COM



ADDALYNN BRADBURY PHOTO EDITOR
Displayed outside of Ali's Bakery reads a sign, "Ali: We will miss you. May you rest in peace. Your Friends." Flowers were placed around in memory of the late Ali Elzen.

Beloved Baker

Friends, family, community members remember Ali Elzen

MARY GRACE RICE
Copy Editor 1 @Mary_Gracemas_

A bright orange arrow painted on a building in downtown Maryville points the way to an unassuming bakery nestled on East Sixth Street. The once-convivial place to start the day now sits vacant after the death of beloved baker Ali Elzen April 16.

Walking into Ali's Bakery, customers would be welcomed by the indulgent scent of honey and sweet dough that wafted through the bakery. The sound of the coffee maker squeezing out caffeine would be interrupted by Elzen greeting his customers by their names. His affable smile and sparkling, kind eyes made anyone who walked in feel welcomed.

"He always had the most infectious, child-like smile. It was a pure, sincere smile that just spread across the room," Maryville resident Tara Lyle said. "He impacted anyone he encountered with his smile and joyful eyes. I've never seen someone seem to smile with his eyes like Ali."

Customers could count on getting a little sugar in their system from the best bakery in the region. Baking was one of Elzen's passions, and he honed his skills at the American Institute of Baking, now known as AIB International.

While his baked goods were delectable, Elzen's hospitality was the main reason customers were devoted to his bakery.

"No matter who walks in, he treats you like family," Northwest student Grace Stephens said. "And that's one of the things that made his place stick out, is that he was very welcoming to every customer that came in and made you feel like you were family."

Elzen cared deeply for any student who came to his bakery. He was once a student at Northwest, where he earned a master's in horticulture. His time at Northwest helped him build connections

with the students, faculty and professors. Elzen wanted to take care of his customers, visit with them and give students a place to do homework.

When Stephens was a college freshman, she said, it was difficult to make trips off campus, as she was still unfamiliar with Maryville. At the beginning of living in a new town, she found a haven in Ali's Bakery. Going to Ali's became a tradition for her and her friends.

"Ali was always very welcoming to college students especially, which I think we really appreciated. Like, not every business owner in Maryville is super welcoming to college students, but he was always very friendly and remembered our group after a while," Stephens said.

Northwest student Shelby Dubishar loved visiting Ali's Bakery. She said he was positive and would always recognize her. Elzen would talk with her about school and share his own stories, such as his life in Cairo, Egypt, where he grew up before moving to the U.S. for school. When Dubishar would visit, he always made sure to add some extra pastries to her order — a gesture he was known for doing.

"I would get one doughnut, and he would throw in two doughnut holes and a free coffee. And he was always wanting to take care of me, and he really treated his customers so well," Dubishar said. "I just always appreciated how caring he was and how genuine he was."

"Genuine" is a sentiment about Elzen echoed by many who knew him.

"The man didn't know a stranger, that's for sure," Lyle said. "But if you were honored enough to have bonded with him, you were truly blessed with one of the most genuine friendships you'd ever experience."

Lyle was one of those "blessed" to develop a close bond with Elzen. When Elzen first started working on his bakery, Lyle was able to help him

acquire a lot of his equipment. Elzen would visit Lyle's parents' house for coffee, she said, and everytime, he would come bearing sweets and bread.

"He was always grateful for his friends, not just for things they would do for him, but just for being his friend. He commented several times how much he loved being a part of our 'family,'" she said.

Elzen was known for his scensarity. When Lyle's dad was diagnosed with cancer, she went to Ali's Bakery to grab a few of his favorite pastries. She said Elzen could tell something was wrong as soon as she walked in, and she told him the news.

"He, without saying a word, immediately walked to the door, flipped the sign to 'closed,' boxed up everything left in his cases and said, clearly fighting back tears, 'Come. We go now. I ride with you.'"

This is one of many examples of how sincere Elzen was about the connections he made.

Every day, Elzen strove to make people happy and comfortable. He was a giving man; it was nothing out of the ordinary for him to box up a variety of goodies and take them to a local business. His customers would walk away from his bakery, filled with the warmth of on-the-house pastries and pleasant conversation. Elzen made sure his customers felt appreciated and left his bakery with smiles that mirrored his own. Through his service at his humble bakery, he made the Maryville community a brighter place.

The painted orange arrow is now pointing to a vacant lot, but the memories of Ali's Bakery will forever live in the minds of the people who knew Elzen. For some, they'll remember his meaningful conversations. For others, they'll remember how he was there for them in their time of need. Above all, customers will remember his genuine kindness.

"He never, ever asked or expected anything from people," Lyle said. "He just gave, unconditionally. Ali was truly an amazing man. Truly."




SUBMITTED
In a submitted photo, Ali Elzen poses with a box of baked goods behind the counter of his bakery.

Worship in Maryville

The monks of Conception Abbey invite you to join them for prayer, just 20 miles east of Maryville. People of all faiths are always welcome.

For a complete listing of our daily prayer schedule, visit www.conceptionabbey.org/guests.



CONCEPTION
Living the Benedictine Tradition

First Christian Church
Disciples of Christ

Sundays:
9 a.m. Discipleship Classes
10:30 a.m. Worship onsite
livesstreamed on our facebook page
[Facebook.com/FFCMaryvilleMo](https://www.facebook.com/FFCMaryvilleMo)

201 West Third, Maryville
660.582.4101

Campus contact: Deena Poynter
660.541.1336

www.fccmaryvillemo.com
fccmaryvillemo@gmail.com

FIRST UNITED METHODIST CHURCH
Everyone is Welcome Here



WWW.MARYVILLEFUMC.ORG EMAIL: PASTORKIM@MARYVILLEFUMC.ORG
YOUTUBE: MARYVILLE FUMC FACEBOOK: FUMCMARYVILLE

Join us for worship
Sundays at 9 and 11 am

660-582-4821
CORNERS OF 1ST & MAIN, MARYVILLE, MO

SUNDAYS 9 AND 10:30

1122 S. MAIN STREET
THEBRIDGEMARYVILLE.COM

THE BRIDGE | WELCOME TO THE FAMILY



ST. GREGORY'S CATHOLIC CHURCH

333 South Davis Street
Maryville, MO 64468

Mass times:
Saturday- 5:00 p.m.
Sunday- 8:00 a.m. and 10:30 a.m.
Monday- 5:30 p.m.
Tuesday- 12:00 p.m.
Wednesday-Friday- 8 a.m.
Reconciliations by appointment.

www.stgregorysmaryville.org

ADVERTISE YOUR CHURCH

S536943@NWMISSOURI.EDU



JAKE PRATER NEWS REPORTER
North Central Missouri College officials prepare to break ground on the future site of its newest location April 21 in Savannah, Missouri. For over 40 years, the college was located on the top floor of Trenton High School.

New college breaks ground in Savannah

JAKE PRATER
News Reporter | @JakobLPrater

North Central Missouri College held a groundbreaking ceremony at the future site of its newest location April 21 in Savannah, Missouri. The event was free to the public and had dozens of people in attendance, from NCMC members to Savannah locals.

NCMC is a two-year community college founded September 1925 in Trenton, Missouri. NCMC is the second-oldest publicly supported community college in Missouri. It was originally part of a K-14 education system and was known as Trenton Junior College. Since then, NCMC has branched out across several Missouri counties.

The ceremony began with a short speech from Lenny Klaver, NCMC president, where he called Savannah a “prime location” for its community college’s new campus. “This has been a project we’ve been working on for several years,” Klaver said.

For over 40 years, the college was located on the top floor of

Trenton High School until moving to Geyer Hall in 1967. In April 1986, it was voted to become an independent entity and was renamed in July 1988.

Other NCMC officials in attendance included Vice President of Academic Affairs Tristan Londre, Chief of Staff Kristi Harris and Campaign Coach Mike Gallagher. These officials said a campus in Savannah could be a “huge boost economically and commercially to northwest Missouri.”

“Andrew County and the city of Savannah have always had a well-coming relationship with NCMC,” Gallagher said. “Community college is a great way to get an education without costing an arm and a leg and without moving thousands of miles away.”

John Gilbert, an NCMC non-traditional student, also spoke at the ceremony. Gilbert served in the army as a paratrooper, and after working in manufacturing for 17 years, he enrolled at NCMC. Gilbert plans to pursue a math and science degree and earn his bachelor’s at a four-year university afterward. Gilbert said small-

er enrollment and lower tuition make pursuing an education at a community college easier.

NCMC has two locations in Trenton, as well as locations in Bethany, Country Club, Brookfield, Cameron, Chillicothe, and an outreach site in Maryville at the Northwest Technical School. The college also has an extensive online program, available to students across 17 Missouri counties.

The Savannah campus’s construction will be completed in two phases. Phase one is the construction of the main building itself, which is anticipated to be completed by October, with a limited number of classes starting by January 2023. Phase one was fully funded by NCMC, while phase two will rely on donations. Phase two consists of construction of the Savannah campus’s interior floor plan for the first and second floor.

“For many years, Savannah has pictured an opportunity for economic growth and prosperity. This will bring that vision to life,” City Attorney Emily Bauman said. “Today is a great day to be celebrated by Savannah.”

Apartments to undergo renovations beginning next year

SIDNEY LOWRY
News Editor | @sidney_lowry

Horizons West Apartments, which is home to many Northwest students, will be undergoing renovations starting in January 2023 after switching management.

Guardian Property Management took over management of the buildings in the middle of March, and since then has made multiple plans for the renovation and rebranding of the complex. Guardian Property owns many other buildings across Maryville that house Northwest students, such as Bearcat Village Apartments, The Birches and Peach Creek Apartments.

The first of these changes made to Horizons West was the process of renaming the building. Now, the complex will be called Campus View Apartments. Matt Crawford, sales and marketing integrator for Guardian Property Management, said the name change comes from trying to get away from the negative stigma that currently surrounds the building.

“It has an incredibly negative stigma around it,” Crawford said. “I’ve been in, and it’s not that bad. It’s really not. And honestly, a lot of Indian students, which I think is part of the stigma, are some of the sweetest people I’ve met on the planet.”

84
of the 108 apartments are one-bedroom units.

Behind the rename, Guardian Property will be making renovations to the five buildings. Crawford said the first building renovation will start in January 2023, but it will be ready to rent by May 2023. Most leases that students in Maryville sign start in May and end the next May, so with the apartments being renovated, the leases will end in December.

With taking over the complex in the middle of March, many tenants have already signed their May-to-May leases, some of which were located in the first building, which is meant to be repaired during their lease.

Crawford said he has only had to move two tenants from the building that will be renovated in January. He said Guardian Property honored those leases and moved the tenants to another unit.

“With acquiring this in March, the first process was figuring out, ‘Hey, do you intend to stay? Do you intend to leave?’ And so that’s what we’ve done primarily for the last month is just really figuring out who is staying, who’s leaving,” Crawford said. “We honestly haven’t marketed it a ton, like most people don’t know that we’re offering six-month leases.”

Along with offering six-month leases, Campus View offers many one-bedroom apartments, which Crawford said don’t come often in Maryville. Of the 108 apartments that make up the complex, 84 of them are one-bedroom apartments.

“I honestly didn’t know that,” Crawford said. “It’s like, ‘Oh, that’s like a huge demand,’ and most people don’t even know that. They don’t consider living there. That’s something that I think most people don’t realize.”

With renovations coming to these units, whether or not rent will be raised comes to mind. Crawford said there is no definitive answer on if or how much rent will be raised. Campus View two-bedroom apartments will be similar to those of other two-bedroom units around town, he said. The same will be done with the renovated one-bedroom apartments.

Crawford said the tentative plan for the renovations is to move from one building to another, based on which building is in more need of repairs.

CRIME LOG for the week of April 28

- Northwest Missouri State University Police Department**
Aug. 30
There is a closed investigation for a fire alarm in Hudson-Perrin Hall.
- April 21**
There is a closed investigation for a fire alarm in Dieterich Hall.
- April 19**
There is an open investigation for an accident involving **Jacob Fetter**, 19, in Parking Lot 60.
- April 15**
There is a closed investigation for fraud in Parking Lot 9.
- Maryville Department of Public Safety**
April 20
There was an accident between **Karen M. Strawn**, 52, and **Jared C. Freemyer**, 49, on the 500 block of West South Hills Drive.
- April 18**
There was an accident between **Kelsey M. Havel**, 22, and **Caytie L. Conner**, 21, on North Buchanan Street and West Sixth Street. **Havel** was issued a citation for failure to yield.
- There is an ongoing investigation for fraud on the 100 block of South Main Street.
- There is an ongoing investigation for disorderly conduct on the 1100 block of North College Drive.
- April 17**
There was an accident between **Damyn A. Roberts**, 20, and **Elizabeth A. Hastings**, 27, on North Main Street and East Seventh Street. **Hastings** was issued a citation for careless and imprudent driving.

New counselor hopes to use past experience to help students

SIDNEY LOWRY
News Editor | @sidney_lowry

Justice Mang’anda, Wellness Center’s newest counselor, wants to use his work and life experiences to help better serve Northwest students.

“I like to look at it as a jigsaw puzzle, like Northwest is this huge jigsaw puzzle, and if we don’t put that one piece like that, there’s that one gap, that one shape,” he said. “I bring that little bit of experience from working with people from different socioeconomic status, Native people, and teenagers who are struggling with mood and anxiety.”

Originally from Malawi in East Africa, Mang’anda was an international student himself when he attended Midwestern Baptist Theological Seminary College in Kansas City, Missouri. He said his experiences of studying in another country have been similar to other Northwest international students’ experiences.

“I kid you not, their stories and mine would maybe relate 80% of the time, even though we come from different parts of the world,” he said.

Being a therapist and counselor wasn’t a part of his original plan. Mang’anda earned a bachelor’s in mass communication broadcast media from African Bible College. After earning his degree in 2012, Mang’anda worked as the communications officer for World Vision International, where his passion for counseling sparked.

While working for the religious nonprofit organization, he said, he was introduced to a “whole different world of need.” Mang’anda found there was “just a lot of hurt” that goes unresolved from generation to generation, some of which he saw in his own life and family.



SUBMITTED
Justice Mang’anda started as a new counselor in the Wellness Center April 1. Originally from Malawi in East Africa, he said he hopes to help students using his personal experience of being an international student.

Not only did he see this in personal experience, but he also saw it was a problem for people from all different walks of life.

“The commonality was, we all have areas of need in our lives that we could always use help from,” Mang’anda said. “And just exploring that and just understanding that need is what kind of cemented my need and my desire to just to pursue this, and it’s been one of the most fulfilling things I’ve had to do.”

Before coming to Northwest, Mang’anda worked multiple jobs as a therapist in Washington state.

During his time in those positions, he was able to talk to and work with people of all different demographics — something he thinks will help him with being a counselor at Northwest.

“I would not have chosen any other experience than commu-

nity mental health, because I think it gave me the opportunity to work with different kinds of people from different kinds of backgrounds,” he said.

In Washington, he worked with teens and young adults on their mental health. He said this experience is going to help him with his work here at Northwest.

Taking from his experiences, Mang’anda said he hopes to be the piece that completes Northwest’s puzzle.

“Using my training, my knowledge and my experience — not just work, but also my lived experiences as a person from elsewhere and also as a Black person, also as a therapist — just to bring all those experiences of mine to help anyone, whether they’re a minority or whether they’re not, but just to be there to help,” he said.

A SEXUAL VIOLENCE AWARENESS PROJECT

“LETTERS FROM...”

THE CREATORS

THE FOLLOWING IS AN ACCOUNT FROM VICTIMS OF VIOLENCE, WHICH MAY CONTAIN TRIGGERS FOR THOSE WHO HAVE EXPERIENCED SIMILAR ATROCITIES. THEIR STORIES OF SURVIVAL AND BATTLING STIGMAS REMAIN ANONYMOUS. IF YOU OR SOMEONE YOU KNOW HAS EXPERIENCED VIOLENCE, PLEASE REACH OUT TO THE RESOURCES LISTED ON THIS PAGE.

MEGHANN KOSMAN
NORTH STAR ADVOCACY CENTER

Many thoughts go through my mind when I’m called to sit with a victim who has just been sexually assaulted. Wearing my “professional hat,” my trained brain remembers my binder of paperwork, my business cards and a working pen. Oh, and a charger for our phone if we’re going to the hospital —because we’re going to be there awhile.

Silently, I’m thinking through all the things I want to make sure the victim knows before, during and after this traumatizing process. I walk in knowing the person I’m there with needs as much choice put back in their hands as possible, even if that means they choose not to report. My coworkers and I believe, above all else, the victim should know it wasn’t their fault. Admittedly for me, sometimes that message is difficult. I believe it, but without a doubt, I know this will be the hardest truth for the victim to hold true for themselves. Trauma — a sexual assault — changes a person. Even though there is hope, knowing of that change is possibly the hardest part of the job.

Over the past 12 1/2 years, I’ve listened to countless stories of people who were assaulted. Sometimes, North Star are the first people to hear them. Other times, my colleagues and I are the first people to believe them. Some cases have unnerved me and have affected my dreams. Other cases have frustrated me as they get wrapped up in the very imperfect “justice” system. And even in a successful case, whatever that means, it still all came from a significant cost of someone’s self worth, sense of safety and loss of humanity. As unhelpful and heartbreaking as this is, these are the reasons why my colleagues and I advocate for people who have been sexually assaulted.

There are so many reasons, many of them personal, advocates get into this work. Through advocacy, we work to educate the public about victim blaming, consent and culture challenges. Some of us take the frustrations and are empowered to help create and change laws. We are energized by finding people who also feel strongly in helping the cause. And we’re humbled to continue to be the ones people are personal and vulnerable with.

During this month of April, Sexual Assault Awareness Month, I feel sad but humbled by those who have chosen to write into the “Letters From...” Project and share their stories anonymously. I hope that everyone who wrote in is hearing nothing but support and belief by those reading their stories, even if the reader has no idea one of the writers is sitting right beside them. To all the ones who wrote in, and to all the ones who chose not to write in just yet, we feel you. Through the nightmares, panic attacks and societal blame, we believe in the healing you deserve. We believe you.

MAKAYLA POLAK
NORTHWEST MISSOURIAN

I am a survivor of sexual assault, not once, not twice, but three times.

I grew up thinking that as long as I didn’t walk down a dark alley in the downtown portion of a large city, I would be fine — I was wrong. The first guy was someone who I thought I was going to date, the second was an authority figure and the third, I still don’t know who it was.

The first time, I was a freshman in college. I had just gotten used to what college was like when my life was turned upside down. A guy who I thought I was going to be in a relationship with was suddenly the reason I was afraid to leave my dorm and have a good time. I was afraid to do anything. I didn’t want to go to classes, I didn’t want to go to work and I never wanted to go out on a Friday night.

Eventually, I overpowered my fears, started a new job, went back to my classes, and then it happened again. A person who I was supposed to look

up to took advantage of how weak I was. He knew what had happened to me and did the same thing. Someone I trusted, someone who I thought cared about me, left me in tears once again.

I left my job and tried to move on with my life. I already knew how to power through the pain; I just had to do it again. I found a whole new set of friends and I started to actually enjoy my time in college. Things were looking up — until they weren’t.

I went to a local bar with some of my friends to celebrate the end of the semester. What started off as a fun night turned out to be a night that would haunt me. A man, who I still don’t know, pulled me into the bathroom and left me with emotional and physical scars.

The emotional pain that follows you after you have been sexually assaulted is nothing you can ever prepare for.

Being called “hun” was sincere, but after my assault, I developed a heightened panic attack that still happens when I hear it. I shake with anxiety when I see a specific vehicle driving down Main Street. I freeze when anyone talks about going to

KASEY RAGAN
NORTHWEST WELLNESS CENTER

Reading the “Letters From...” stories y’all told has been inspirational. Your strength, survival and voices mean a lot to me and to so many other readers. I’m honored to be a part of this project, to provide a place for survivors to tell their stories.

I’m also a survivor. At 4 years old, an older boy in the neighborhood molested me. I showed all the classic symptoms of being sexually abused; though, it was the early 1980s and my parents were unaware what these signs meant. No one talked about abuse then, and child molesters were thought of as the creepy stranger lurking in the bushes. They weren’t 17-year-old middle-class babysitters. They weren’t from good families; they didn’t look like your friends, people you trusted. Back then, survivors didn’t openly tell their stories, and newspapers didn’t print the reality of assault.

After the abuse started, I became afraid of the dark, insisting I sleep with my door open and the hall light blazing. I began regularly wetting the bed. I would cry and beg my folks not to hire the babysitter. My parents didn’t understand. They wouldn’t know the truth until the one night my parents came home early, and my mom found him in my bed with my nightgown pulled up. She finally understood.

My parents sought professional advice on what to do. They were told not to press charges, that he was a good boy from a good family, and no one would believe us. But I was a good girl from a good family, what about me? My parents were also told never to talk about it with me, that I was too young to remember the abuse, and if they just let me forget about it, I

would never be traumatized as an adult. They were wrong —I did remember. I often wonder what my life would be like if my parents had access to projects like “Letters From...” or advocacy groups like North Star, if they knew the truth about sexual assault.

When I was 14 years old, the family secret finally came out. I will never forget standing in the kitchen, helping my mom cut up carrots for dinner. I was telling her about a friend who was in the foster care system because her mom was caught selling my friend for sex. I was trying to process this violence when I told my mom that I was glad nothing like that had ever happened to me. My mom broke down crying and told me the truth of my childhood. The memories I had of a man coming into my room, getting into my bed and telling me to be quiet while I clung to my pillow. The lucky pennies I stored in that pillow in the hopes they would ward off the abuse. All of it finally made sense to me. I was angry.

After lots of therapy, I no longer live in fear. Those memories no longer make me cry, and I devoted my life to ensuring that no other survivor misses out on the justice and healing they need. This is how I channel my anger; this is how I get justice.

My story, all our stories, show why a project like “Letters From...” is so important. There is strength in listening and supporting one another. There is peace in healing. To those of you reading this, who feel alone and afraid, please know that you have people and places to turn to. Counseling services and North Star are great places to start on your journey to healing.

RESOURCES:

NORTH STAR ADVOCACY CENTER
660.562.2320

WELLNESS SERVICES
660.562.1348

UNIVERSITY POLICE DEPARTMENT
660.562.1254

TITLE IX AND EQUITY
660.562.1873

KASEY RAGAN
kragan@nwmissouri.edu

MARYVILLE PUBLIC SAFETY
660.562.3209

NODAWAY COUNTY SHERIFF’S DEPARTMENT
660.582.7451

MEGHANN KOSMAN: COURT & VICTIM ADVOCATE
advocate1@northstarac.org

NATIONAL SUICIDE PREVENTION LIFELINE
800.273.8255

CONCLUDING THE “LETTERS FROM...” PROJECT

The “Letters From...” Project team wants to thank each and every one of you for sharing your stories. The best way to spread awareness is to share firsthand experiences, and we would have not been able to do this project if it wasn’t for the people who submitted their stories.

The Northwest Missourian has a platform that we wanted to use to help survivors share their experiences with sexual violence. When this idea first came about, we knew immediately that we wanted to do this project in collaboration with North Star Advocacy Center and the Wellness Center.

After the success of this project, the project team wants to continue giving students,

faculty, staff and community members a safe place to share their stories and have their voices heard.

For Domestic Violence Awareness Month in October, the “Letters From...” Project will be reintroduced, allowing another opportunity for people to share their experience with domestic violence. The submission email account will still be open for people to share their stories, but the Northwest Missourian will only be printing them in October.

We look forward to continuing to be a platform where people can anonymously share their story.

NORTHWEST MISSOURIAN

CORRECTIONS POLICY

If you believe information within our publication is incorrect, please email us at northwestmissourian@gmail.com, call our newsroom (660) 562-1224, or leave us a comment on www.nwmissouriannews.com.

LETTERS TO THE EDITOR

We publish letters from readers for free. All letters become the property of the Northwest Missourian, which reserves the right to edit them. Letters should include your name, address and telephone number. Letters should be between 150 and 300 words and sent to k.calfree@missourian@gmail.com.

Your first copy of the Northwest Missourian is free. Additional copies cost 25¢ each.

EDITORIAL BOARD

Kendrick Calfee	Editor-in-Chief
Nathan English	Managing Editor
Sidney Lowry	News Editor
MaKayla Polak	Design Editor
Elizabeth Brightwell	Assistant Design Editor
Jon Walker	Sports Editor
Wesley Miller	Assistant Sports Editor
Corbin Smith	Opinion Editor
Addalynn Bradbury	Photo Editor
Mary Grace Rice	Copy Editor
Noah Crowe	Social Media Editor

NEWS STAFF

Jakob Prater	News Reporter
Kennedy Kalvoda	News Reporter
Maddisyn Gerhardt	Photographer
Silvia Alberti	Photographer
Ayla Campbell	Designer
Alexandria Mesz	Cartoonist

CONTACT US

Newsroom:	(660) 562-1224	Circulation:	(660) 562-1528
Advertising:	(660) 562-1635	Fax:	(660) 562-1521

An Independent Student Newspaper since 1914.

800 University Drive, Wells Hall
Maryville, MO, 64468

DIRECTORS

Steven Chappell	Student Publications Director
Anna Swink	General Manager/Ad Director

AD STAFF

Vanessa Weiler	Advertising Manager
Jerilynn Hoover	Ad Design Manager
Sydney Cook	Advertising Designer
Grace Lohman	Advertising Designer
Grace Murphy	Account Executive
Devin Jernigan	Account Executive



WESLEY MILLER ASST. SPORTS EDITOR
Maryville junior forward Kennedy Kurz chases the ball down the field in the Spoofhounds’ match against MEC foe St. Pius X April 26. The Spoofhonds have four games until the Class 2 District 8 Tournament.

SOCCER

CONTINUED FROM A8

The second half’s beginning was almost a polar opposite to the entirety of the first half. After one goal in the first 40 minutes of play, the Warriors netted their second goal in the first two minutes of the second half. Maryville broke down after a booming kick dropped the ball behind the Spoofhounds’ defenders, which caused a foul and a subsequent free kick for Pius. “I think them getting that close to the goal in the second half caused a lot of panic,” Cullin said. “It probably wasn’t that smart of a goal, but coming off of it was just a real pretty shot.” The ’Hounds were able to respond roughly nine minutes after with Johnson’s goal. Just as it looked like the two teams were going to explode offensively, the two got stuck again in a defensive battle. “I’m really happy with how we defended against a strong, fast and athletic team like them,” Tolson said. The final 29 minutes came and went with no goal by either team until Pius scored once more with zeros on the clock. Maryville’s loss marks the ninth consecutive loss to Pius. But with a chance to see the Warriors again in the Class 2 District 8 Tournament, Johnson said this game was a test, and she’s confident should Maryville get a chance to exact revenge. “I just think we weren’t expecting them to play as they did, but now we know what will happen,” Johnson said. “I think we can so beat them. I think we can easily beat them.”

TRACK

CONTINUED FROM A8

Sophomore Addison Long, sophomore Josie Zeiger and junior Addie Palser took first (37.75 meters), second (34.86 meters) and third (34.69 meters) in women’s javelin. “We’re on track,” Masters said. “We’re real close to where I think we need to be. We’re missing a couple people due to injury... but both the men and women look solid.” Most of the Northwest track and field team will travel to the Rock Chalk Classic April 30 in Lawrence, Kansas, while another portion of the team will compete in the Drake Relays April 28-29 in Des Moines, Iowa. Masters said the most important thing the team can do this close to MIAA Championships is to maintain a healthy diet, get plenty of sleep and hydrate. “We’ve done the work,” Masters said. “We’re keeping everybody healthy and sharpening the blade — getting a little bit better.”

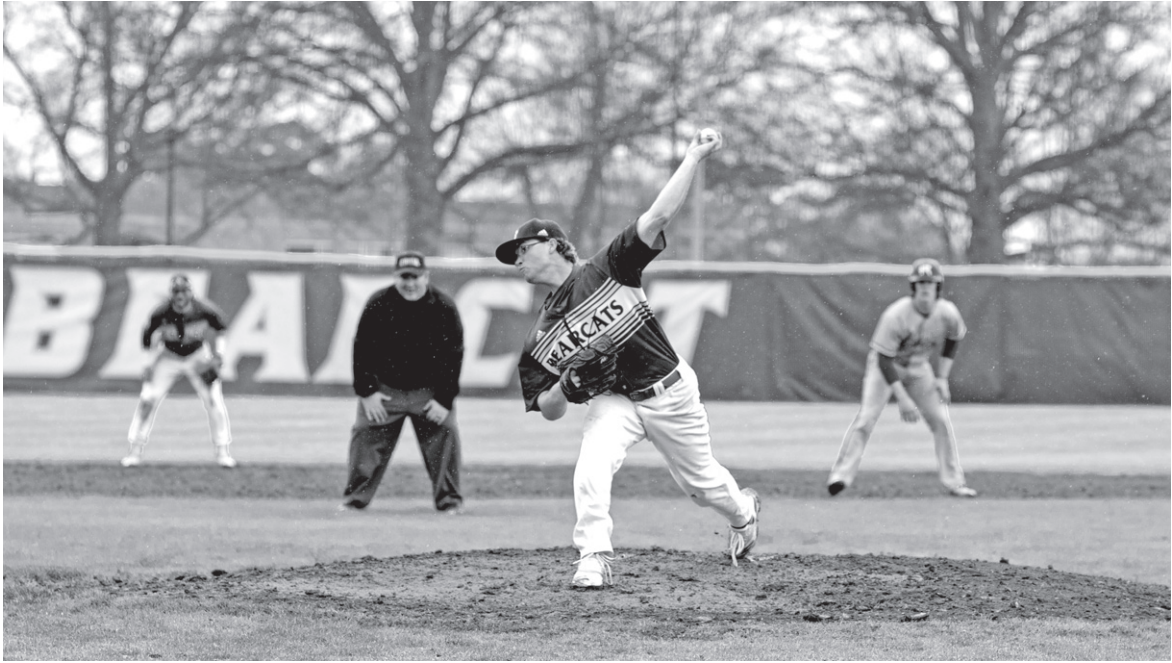
46.62 seconds is what it took to earn the second fastest time in Northwest’s history in the women’s 4x100 meter relay.

Northwest earns three-game sweep over Fort Hays State

LANDEN CRABTREE
Missourian Reporter | NWMSports

Northwest baseball seniors Jacob Pinkerton and Donovan Warren stepped onto the Bearcat Baseball Field for the final time in their collegiate careers Monday afternoon.

The first game of the series saw Northwest ace Max Spitzmiller shine on the mound, striking out 10 batters and allowing five hits with one run. The Bearcats scored a single run



ADDALYNN BRADBURY PHOTO EDITOR

Northwest pitcher Brandin Hallier throws a pitch in the Bearcats’ 10-8 doubleheader against Rockhurst April 5. Northwest took the opener 13-7 and came through in the nightcap 10-8. Northwest is 13-20 on the year, while Rockhurst is 12-16 overall.

in each of the first two innings before Fort Hays scored its only run of the first game in the fourth, courtesy of an RBI single by freshman infielder Brady Kreutzer. Northwest scored two runs in the sixth and seventh to finish with a 6-1 victory. Northwest took game two of the series 7-6. Junior first baseman Jordan Peck hit a three-run home run in the first inning as part of the six runs scored in

the first. Fort Hays would try to mount a comeback, scoring three in the third inning and one run in the fifth and eighth innings to make the score 6-7. The Bearcats swept MIAA foe Fort Hays State in a three-game series. Pinkerton, a shortstop, went 4-for-5 at the plate with an RBI and two runs. Warren, a center fielder, went 2-for-4 with three RBIs. “It felt amazing. I wasn’t even

thinking about it being my last time,” Pinkerton said. “This game is awesome but also brutal. You have to take your wins and your losses — being able to do that and play to the best of my ability here has meant a lot to me.” “Feels good to get a series sweep our last time at home,” Warren said. “I will remember this for a long time.” Northwest had a great team performance in the series’ finale, winning 14-0 in seven innings. The Bearcats scored in every inning but the fourth and fifth — getting two in the first, four in the second, two in the third and five in the sixth. Freshmen Jake Emhardt and Ryan Williams both had outstanding games, with Williams going 3-for-3 at the plate and Emhardt going 2-for-4 with a home run. Junior starting pitcher Alex Slocum threw a seven-inning shutout, only allowing three hits while striking out eight batters. “I think our guys played relaxed after getting a couple of wins — playing the game the way it’s supposed to be played, scoring early and often — and was awesome to get a series win,” Northwest coach Darin Loe said. “I’m certainly going to miss them, but to get a series sweep during senior weekend — happy for them and the team.” Northwest will finish the regular season on the road against Rogers State April 29-May 1 in Claremore, Oklahoma.

TEXTBOOK SERVICES

3-ways to Return Textbooks:

Return to Textbook Services
M-F, 8 am - 5 pm

Return to NWKC
Mon-Thurs, 9 am - 5 pm
Fri, 8 am - 5 pm

Ship using paid shipping label
provided by the University
www.nwmissouri.edu/textbooks.htm

Return books by
May 5th to avoid a fee

Pitzenberger
Body Shop

660.582.4599

2711 South Mulberry

'When quality counts!'

Visit
Dr. Dallas Fitzgerald
at the
Walmart Vision Center
18 years at this location!

• Eye-health exams as low as \$70
• Contact lens fitting of all major brands
• Many insurance plans accepted

1605 S Main St
Maryville, MO
660.562.0215

WALK THE TALK:

Thank you for reading over the semesters

JON WALKER
Sports Editor
@ByJonWalker



Welcome to the final edition of Walk the Talk, the weekly mailbag column that’s existed for roughly two years with the purpose of answering — or at least trying my best to answer — your questions regarding Northwest Athletics. Questions won’t be answered this week. In fact, I didn’t even take questions this week, and it’s for what I think is a pretty good reason. The only thing that you need to hear from me now is: Thank you.

I’ve been blessed and fortunate enough to be the sports editor of the Northwest Missourian for the last three years, and the readers — you — have shown nothing but love and support.

It honestly feels like no more than just a few months ago, I was talking to Maryville golf coach Brenda Ricks for my first story at this paper, and I never would’ve guessed that I, of all people, would get to watch Northwest men’s basketball go on an unprecedented and historic run of dominance.

I’ll never take for granted covering

Maryville football games on a Friday night just to turn around and cover a Northwest football game on Saturday afternoon. I’ll never take for granted being able to explore the Midwest through the countless trips to cover away games. I’ll never take for granted each and every one of the 243 stories I wrote before this de facto farewell.

It’s always funny to think how things happened, and how they never really would’ve if it weren’t for the smallest occurrences.

I was just a freshman and working for KNWT Channel 8 — the campus TV station — when I got the opportunity to make the trek to the Elite Eight in Evansville, Indiana. I had to ride with Andrew Wegley, Tucker Franklin and Joe Andrews.

Wegley, then-sports editor of the Missourian, told me that it was his, along with Franklin’s, plan to convince me to write for the paper the last couple of weeks and eventually apply for the following semester.

It didn’t take more than a couple of minutes for me to cave in, and the rest is history.

To the coaches, athletes, fans and parents who allowed me to tell your stories: Thank you, too.

From Northwest football’s Edwyn Brown sharing his story surrounding a mysterious illness to Northwest men’s basketball legend Trevor Hudgins letting me tell the story about how a kid from Kansas became the greatest hooper to grace Bearcat Arena, I’ve been able to interact with and talk to and cover some of the coolest people I’ve met.

I wasn’t on campus when the late Scott Bostwick made it known that “the big time is where you’re at,” but I’ve continuously heard that echoed throughout Maryville. This small town in the northwest corner of Missouri proved that true.

I’m not exactly sure what’s next in my journey, though I’m hoping that changes soon. But whatever lies ahead, I’ll forever be thankful for my brief stop in Tipton, USA.



JADEN FERGUSON MISSOURIAN REPORTER
Northwest softball junior outfielder Brylee Kemper steps up to the plate against Missouri Western April 15. Kemper had a hit, a run and an RBI in the team’s 11-1 win over MIAA foe Pitt State April 23.

Northwest softball sweeps Pittsburg State

JADEN FERGUSON
Missourian Reporter | @NWMSports

Northwest softball first-year coach Naomi Tellez said the goal for the weekend was to get an MIAA sweep. The Bearcats did just that.

The Bearcats completed a two-game sweep of conference foe Pittsburg State, 11-1 and 5-4, April 23 at the Bearcat Softball Field.

“We decided, as a team, that we could either complain about the wind or embrace it,” freshman first baseman Skylar Pieper said. “We chose to embrace it.”

Pieper started the game for Northwest with a solo home run over the right-field fence, the hit that seemed to spark the Bearcat offense. Northwest took a 3-0 lead thanks to junior catcher Madison Friest, who smacked a hit to right field to bring in a pair of runners.

“Once Skylar hit that, we just didn’t stop,” Tellez said.

Northwest sophomore infielder Abby Nolte shot a ball down the first-base line, and Pieper stepped across home plate in the second inning.

Sophomore utility Lauren Gray blasted a grand slam to right field with two outs left in the top of the second inning to give the Bearcats an 8-0 lead.

“Hitting is contagious — once it starts, everyone else follows,” Pieper said. “Everyone fed off that energy, and in the blink of an eye, we were up eight runs in the second inning.”

Northwest continued its dynamic batting. Junior outfielder Brylee Kemper’s hit a solo shot in the top of the third. Pitt State nabbed a run in the bottom of the third from soph-

omore utility Kori Stonestreet.

The Bearcats capped off their batting with back-to-back home runs from Friest and Nolte.

Sophomore Breck Dickey did her part and only allowed five hits and had nine strikeouts in the first game. With Dickey hot on the mound, the Bearcats took the first game from the Gorillas 11-1.

“We just dominated,” Tellez said.

In the second game, Northwest rallied for a walk-off, 5-4 win.

Friest’s home run in the bottom of the first inning gave the Bearcats a 1-0 lead.

The Gorillas emerged from their hitting slump, rattling off four runs in the second and third innings to take a 4-1 lead.

“We kind of hit a dead spot in the middle, but we just had to ride our energy,” Tellez said.

Nolte connected with a ball in the bottom of the sixth, and she sent it over center field to bring the Bearcats within two.

With two outs left and a pair of runners on base in the seventh, junior infielder Olivia Daugherty hit a single to right field, clearing the way for Pieper to slide home to shrink the Gorillas’ lead to 4-3.

Nolte stepped up to the plate, again, and smacked a ball over the center fielder and brought home junior utility Jacee Winn and Daugherty for the comeback win.

“Having people like Abby in the lineup behind you, you have that extra feeling of reassurance,” Pieper said. “You can trust that if you do your part, they will come through and do theirs.”

Maryville track brings home pair of top-eight finishes

CORBIN SMITH
Sports Reporter | @curly_corbs

Maryville track and field has grown accustomed to long treks to find competition. This season, the Spoofhounds have tallied a travel ticket of 1,710 miles. Their most recent venture placed them at Excelsior Springs High School for the Mineral Water Classic April 22.

Both boys and girls teams were able to return to Maryville with fifth- and sixth-place finishes, respectively. Coach Rodney Bade didn’t enter athletes with the idea of maximum scoring in mind. Instead, he did it with the idea of getting athletes in events they haven’t experienced yet.

“There was a nice mix of some personal records,” Bade said. “It was nice to see some other options with some of those kids and kind of diversify their events. Overall, we walked away from it feeling pretty good.”

The girls tallied 68 points in their performance behind usual leaders of senior Brooklynn Holtman and sophomore Ella Schulte. A pack of ‘Hounds scored in multiple events, which is something Bade said he’s been wanting to see this season.

Holtman finished first in the 100-meter dash (13.07 seconds) and third in the long jump (14-7 ¼). Deciding to explore new events, Holtman finished fourth in her 300 hurdles debut with a time of 50.19.

Schulte, who’s no stranger to hurdling, finished fifth in the 300 hurdles with a time of 52.00. Earlier in the meet, Schulte won the 100 hurdles in a time of 17.33, narrowly missing her personal best of 17.26.

Although Schulte and Holtman led the team in scoring, sophomore Ava Dumke was throwing her way into the record books. With a hurl of 112-2 ¾,

Dumke finished third in javelin and broke her own school record. Before this season, the record stood at 84-6 from 2018, when the event was first introduced in the state of Missouri.

Track isn’t the only sport Dumke’s focused on at the moment. Starting for Spoofhound volleyball and basketball, her talent extends beyond the 120-foot runway in the middle of a field.

“She plays on a traveling basketball and volleyball team currently, so we kind of share her,” Bade said. “She’s not available for all the meets and isn’t always at practice. We’re trying to work with her schedule. She definitely has a gift and talent for it. It’s nice to be able to consistently get some points out of the javelin.”

For the boys, juniors Keaton Stone and Jesus Flores-Hernandez led in scoring, primarily from the field events.

Stone posted two runner-up performances in the long jump (18-10) and triple jump (41-8 ½) competitions, as well as a fourth-place finish in the pole vault, clearing a height of 9-5 ¾.

Flores-Hernandez was the one person to best Stone in the long jump, doing so with a winning jump of 19-5 ¾. He also won the high jump (6-1 ½) and finished

third in the 300 hurdles with a personal best time of 41.98.

“They do a lot for the team; they’re really big point scorers,” Bade said about the junior duo. “They continue to show that they’re good track athletes, and they go out and compete every time. Every time they’re in competition, they go for it. You get whatever their best is that day.”

Sometimes athletes compete better when they compete against their teammates, and Bade said that’s exactly the case when it comes to Flores-Hernandez and Stone. He said they feed off of each other and push each other to improve.

As the Spoofhounds wind down their regular season, the miles traveled to meets will wind down as well, if only for a short period of time. Their next two meets will be at home April 28 and May 3, the latter being the MEC Championships.

“We’re looking forward to it, but it takes a lot to run a meet,” Bade said. “To be able to stay home for two weeks and not have to get on a bus, we’re looking forward to being grounded here for a while. On the other side of that, you’ve got the stress of running a meet and making sure everything’s taken care of.”

Bade doesn’t have a perfect answer in preparing his athletes for the conference meet creeping around the corner, but he has an idea on how to keep them from burning out. He wants to make sure athletes are taking meets off when they need rest and not enter-

ing them in too many events when they do compete.

The ‘Hounds will have multiple days to rest and prepare for their postseason. Until then, Bade said he’ll do his best to keep them “happy and healthy.”

SOCIAL WELFARE BOARD'S
WESTSIDE CLINIC

Patee Market
904 South 10th St. Suite A
St. Joseph, Mo. 64503
Phone: 816-344-5233

Scan to learn about our Health Services.

Hours: Mon.-Fri. 8:00-4:30

SHOW YOUR BEARCAT PRIDE WITH A FREE MASCOT DEBIT CARD!

660-582-7454
GoCitizens.bank
Member FDIC

Education is the first step toward a future of possible

U.S. Bank is proud to support the Bearcats.

Maryville North Branch
120 S. Main St. | Maryville, MO 64468
660.582.7159

Shell's Service

24 Hour: Towing • Lockouts • Jumpstarts
The only one stop shop for all your automotive needs.

Tires
Batteries
Tune-Ups
Alternatives
Engines

985 S. Main Maryville
Serving Maryville since 1958

Brakes
Suspension
Oil Changes
Transmissions
Air Conditioning

Day 660-582-4711

Night 660-582-1692



CORBIN SMITH OPINION EDITOR

Sophomore Chloe Saenz navigates the bend of the 200-meter dash at the SBU Bearcat Invite April 2. Saenz finished ninth with a time of 25.14, .01 shy of her personal best.

Saenz shines at John Creer Classic

DAVID DERKS
Missourian Reporter | @NWMSports

After a busy schedule in the Sunshine State two weeks ago, and a rescheduled meet last weekend, the Northwest track and field team showed up and took care of business at the John Creer Classic April 23 in St. Charles, Missouri. The Bearcats were originally supposed to be competing at the Midwest Classic in Emporia, Kansas, but that changed late into the week due to weather concerns. Nonetheless, the ‘Cats showed up and showed out, capturing eight first-place finishes across multiple events on the day. “(We did) pretty good overall,” coach Brandon Masters said. “We had quite a few personal bests and a lot of event wins, which is great. Though it was a long week due to travel and change, the kids seemed to like it. It was a good weekend.” The women’s 4x100 meter relay — consisting of freshman Chloe Saenz, redshirt freshman Lexie Gilbert, redshirt freshman Kyah Luhning and redshirt freshman Ally Hammond — placed first in the event with a time 46.62 seconds for the second-fastest time in school history. Saenz, running in her second and final event of the day, took home her second title, winning the 400-meter dash with a time

of 56.93. “It feels good,” Saenz said. “I still don’t feel as satisfied, because I feel like my 400 could be better, but first is always appreciated.” Saenz said she feels she can run a better time, similar to the personal best she ran during the indoor track and field season (55.71). Saenz added that the weather affects her ability to run, and it’s been something she’s had to overcome in the outdoor season. Now, all eyes are on adjusting and getting prepared for the MIAA Championships May 6-8 in Emporia, Kansas. “I’ve been seeing the trainer,” Saenz said. “And I’m taking the workouts seriously and trying to push myself to get better.” Junior Jonathan Carter took the high jump title with a mark of 2.00 meters (6-6 3/4 inches) — his new personal best. This jump earned him an NCAA provisional mark. “I felt really good,” Carter said. “It was a

good day. It was kind of windy, but, overall, I felt pretty confident.” Carter said he tweaked his knee a couple weeks ago but feels he’s at his best and ready for the conference championships. “Overall, I feel like I’ve progressively been getting better and better over the year,” Carter said. “I know (Masters’) program is catered toward that, so that you can pop off and run in (the conference championships). So, I’m starting to see good results out of that.” Sophomore Sarah Prickett took the women’s 100-meter hurdle title with a time of 14.07, while freshman Anna Gladstone finished second with a time of 15.03. Senior R.J. Williams took first in the men’s 400 dash with a time of 49.34, and freshman Joel Dos Santos and redshirt freshman Prince Griffin took first (21.37) and second (21.51), respectively, in the men’s 200.

“And I’m taking the workouts seriously and trying to push myself to get better.”
-CHLOE SAENZ
FRESHMAN,
NORTHWEST TRACK AND FIELD

SEE TRACK | A6



Maryville drops ninth straight game to MEC foe St. Pius X

WESLEY MILLER
Asst. Sports Editor | @wesleymiller360

Maryville girls soccer senior midfielder Cleo Johnson watched as the ball bounced on the grass beside her. She fixed her gaze at the only thing that could stop her from giving the Spoofhounds their first goal of the contest: St. Pius X girls soccer senior goalkeeper Holly Modlin. The ball dropped to Johnson’s feet, and she launched it toward the Warriors’ goal. Modlin’s dive for the ball came up short, and the ball rolled in the goal. “I was so relieved,” Johnson said. “I just wanted to keep going and get another, so I grabbed that ball and ran back. The intensity had to keep going, and just — oh, my God — I can’t even speak.” Johnson was able to score the Spoofhounds’ first goal of the match against their MEC foe with 29 minutes left, but it was ultimately their only goal of the contest. Despite the momentum gained from Johnson’s score, the Spoofhounds fell to the Warriors 3-1 Tuesday evening. Maryville coach Chase Tolson said it will go in the record books as a loss, but it really just feels like a preview for the postseason. “We’re planning on seeing them again, for

sure,” Tolson said. What Tolson and company saw this time around was a defensive battle from start to finish. For roughly the first 30 minutes of the game, both squads were locked in a 0-0 stalemate. Neither team was able to stay on the opponent’s side of the field for very long, let alone muster up shots on the goal. Maryville senior defender Lauren Cullin said it’s challenging, physically and mentally, to go back and forth for a long period of time. “It’s more mentally challenging than anything,” Cullin said. “What just keeps going through my head is, ‘You better get your butt back,’ and it’s constantly thinking, ‘All right, I can’t see (the opponents) and my goalkeeper is in front of me. What are my options?’” Cullin said in a fast-paced game where players constantly have to turn back around to chase the ball, there is not enough time to really think about what to do. The tie eventually came to an end in the 30th minute, as Pius junior forward Bri Withar scored the first and only goal of the half. “It was just a really nice finish from one of their strikers,” Tolson said.

2013
is the last year the Spoofhounds defeated the Warriors

SEE SOCCER | A6

BEARCATS
STUDENT
DISCOUNTS

Show your Bearcat Card to get these amazing deals ALL YEAR LONG!

10% OFF
Any MENU ITEM
FROM OUR MARKET GRILLE
with bearcat card

HyVee
EMPLOYEE OWNED

5% OFF WITH YOUR BEARCAT CARD